

Travel Vaccines

Recommended Immunizations for Travel

Last Revised: 02/29/2000

New Hampshire Department of Health and Human Services

Immunization Program

Recommended Immunizations for Travel

Prophylaxis Against	Zone 1 Western Europe, Canada, Australia, New Zealand, Japan	Zone 2 Central & South America, Caribbean & Pacific Islands, the Former Soviet Union, Eastern Europe	Zone 3 Africa, the Middle East, Asia (not including Japan), the Indian Subcontinent
Diphtheria, tetanus, pertussis	Travelers should have completed 3-dose primary series with a tetanus/diphtheria booster every 10 years.		
Measles, mumps, rubella	Vaccinate if traveler was born in 1957 or later and has had less than two doses		
Varicella	Vaccinate if not immune		
Influenza	Vaccinate if traveler is at risk for complications from disease and seasonal risk exists		
Hepatitis A		Vaccinate. If less than 4 weeks before travel, give IG in addition to vaccine.	
Hepatitis B		Vaccinate if traveler is at risk of disease	
Polio		Vaccinate unprotected travelers to developing countries (except Latin America)	
Malaria		Check current level of risk to traveler, including drug resistance/recommended prophylaxis	
Cholera		Vaccination not recommended, although may rarely be required	
Yellow Fever		Vaccination may be required to or from some countries in Africa and South America	
Rabies		Vaccinate if itinerary and/or activity place traveler at risk	
Typhoid		Vaccinate if itinerary places traveler at risk	
Japanese encephalitis		Vaccinate if itinerary places traveler at risk	

TIPS ON ADVISING TRAVELERS ABOUT HEALTH

Giving health advice to patients who travel abroad can be a daunting task. Destinations and related health needs vary widely - from the risk of hepatitis A to prevention of injuries. Some points to consider:

Encourage patients to seek advice well in advance of their travel.

Some vaccines take up to 6 months for administration of the entire series, and live virus vaccines require 2-3 weeks to produce adequate immune response. Provide patients with educational materials on health and safety issues. (Pamphlets are available through the New Hampshire Immunization Program.)

Decide whether you want to provide services directly or refer your patient.

Use the chart above to determine which zone the patient will visit. You can choose to provide immunizations and travel prophylaxis yourself to travelers to Zone 1, and sometimes to Zone 2,

but we recommend you refer patients who are traveling to Zone 3 for an appointment with an International Travel Health Clinic. *Caution - do not administer vaccines to patients who are being referred to a travel clinic as they may interfere with other vaccines or prophylaxis needed.*

International Travel Health Clinics are the only clinics authorized to give yellow fever vaccine. They also provide comprehensive pre- and post-travel medical services. For the clinic locations nearest your practice, call the New Hampshire Immunization Program at 1-800-852-3345, extension 4482.

Screen patients for appropriate prophylaxis for travel.

We recommend you use a patient travel worksheet (available from NHIP) to check and record important facts such as age, medical history, itinerary (including transit stops), length of stay and risk factors.

Be sure to check on current areas infected with yellow fever if patient is traveling to Zone 2 and/or Zone 3.

Make certain patients are up-to-date on their routine immunizations. Count only those vaccine doses that can be verified by written documentation. Assume the person is unvaccinated if vaccine doses are not documented.

Please note that visa requirements may differ from entry requirements, and may include serologic testing for HIV, or other tests.

Administer recommended vaccinations and prescribe prophylaxis.

Administer multiple vaccines in one visit, especially if time constraints exist. Generally, live virus vaccines which are not administered on the same day should be separated by 4 weeks. Exception: oral polio vaccine (OPV) may be administered at any time before or after other live virus vaccines, including oral typhoid vaccine (Ty21a).

Check package inserts and observe minimum intervals between doses in a series. It is not necessary to restart the series of any vaccine due to extended intervals.

Make use of the many travel health resources available to you.

More information on travel-related publications, hotlines and internet addresses:

CDC publishes *Health Information for International Travel* (bi-annually) and *Summary of Health Information for International Travel* (weekly), available via the internet at <http://www.cdc.gov/travel/index.htm> or by calling the US Government Printing Office at (202)512-1800.

CDC provides regular updates on changes in vaccine requirements, disease outbreaks, drug availability and emerging infections via their Automated Fax Information System: (888)232-3299.

The US State Department issues country-specific information for travelers, including warnings, terrorist threats and other conditions which might jeopardize travelers' safety, such as health conditions, crime and security information, unusual immigration practices, as well as US Embassy or Consulate locations. <http://travel.state.gov>

The New Hampshire Immunization Program will provide one-on-one consultations with travelers at 1-800-852-3345, ext 4482.

Adapted from materials provided by Minnesota Department of Health